



Pita Pocket Sandwich

Ingredients:

- 1 whole-wheat pita bread
- 1 3-oz piece of chicken breast
- 1 tsp olive oil
- ½ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Sprinkle of pepper
- 1 TBSP hummus
- ¼ avocado, sliced


Directions:

1. Preheat oven to 350 degrees F
2. Marinate chicken with olive oil, paprika, onion powder, garlic powder, and pepper (marinate at least 20 minutes, can be left overnight)
3. Place chicken in baking dish and bake 45 minutes (depending on thickness of chicken breast); remove from oven and let cool; once cooled, slice chicken into strips
4. Slice top of pita bread to make a small whole- just big enough to fit sandwich fillings; spread the inside of pita with hummus; place sliced avocado and strips of chicken breast inside pita sandwich
5. Enjoy!

Cookware needed:

Small tin or any oven safe cooking dish

Cost: 

Ease: 

Health Benefit: This meal provides you with protein that will help keep us fuller for longer, as well as healthy fats that are important for heart health.